



Food with Care

Child and Adult Care Food Program

Bureau of Nutrition, Health and Transportation Services Iowa Department of Education

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In this issue:

- ◆ Beyond Compliance to Best Practice
- ◆ Something Fun and Informative
- ◆ CACFP Training Opportunities
- ◆ Flu Prevention: Good Health Habits Can Help Stop Germs in Food Preparation
- ◆ Plastics Made with BPA—Proceed with Caution!
- ◆ Healthy Fats
- ◆ Buy Fresh, Buy Local
- ◆ Julia's Tidbits
- ◆ Fact Sheet
- ◆ Ask IT
- ◆ Resources for School Age Nutrition Education

Mark Your Calendars

Steps to CACFP Success Workshops

December 17, 2009; March 19, 2010;
June 16, 2010

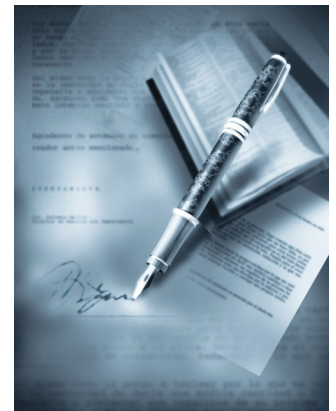
Encouraging Kids to Eat Healthy

Train-the-Trainer Workshops

- ◆ October 22, 2009—Denison
- ◆ Nov. 12, 2009—Mason City
- ◆ Nov. 19, 2009—Coralville

Beyond Compliance to Best Practice

The Iowa CACFP State Agency requires that centers comply with USDA Food Program regulations. Compliance is checked on reviews that are completed at least once every three years. Major areas that are reviewed include accurate counting and claiming of meals, compliance with meal patterns, non-profit food service status, civil rights, and training. Any areas on non-compliance are addressed through corrective action.



Beyond compliance

While compliance with corrective action is needed to continue CACFP participation, the State Agency consultant may make additional recommendations. Compliance with recommendations is not required, but encouraged to improve CACFP operations and the nutrition environment at your center. In addition, the State Agency includes recommended best practices in training workshops and in the CACFP Administrative Manual for Centers. Required and recommended best practices are listed at the end of each chapter with a self evaluation checklist you can use to assess your compliance with requirements and implementation of recommendations.

Chapter 2b in the CACFP Administrative Manual for Centers is devoted to recommended best practices related to creating a healthy child care environment. Best practices related to other areas of CACFP operation are included at the end of each chapter. Continued on Page 2

Creating a Healthy Child Care Environment

The best practices in Chapter 2b are to:

- Serve meals that meet the 2005 Dietary Guidelines for Americans
- Practice food safety and sanitation
- Create a healthy nutrition and physical activity environment
- Serve meals in a manner that enhances child development.

Each is presented in more detail below:

1. **Serve a variety of healthy foods that meet the Dietary Guidelines for Americans**

- a. Plan at least three different fruits and five different vegetables each week.
 - Include foods high in vitamin C daily.
 - Serve foods high in vitamin A three or more times per week.
 - Limit juice to one serving per day.
 - Include fresh fruits and vegetables three or more times per week.
- b. Provide two or more sources of iron daily.
- c. Plan different meat/meat alternates or entrees each day of the week at lunch/supper.
 - Serve cooked dried beans or peas three or more times a week (including snack).
 - Limit preserved, processed, and higher fat meats and entrees to once per week.
- d. Serve whole grains at least half the time.
 - Look for whole grains as the first ingredient on bread, cereal, and cracker labels.
 - Serve dry cereal at least once per week.
 - Limit dry cereals purchased to those with 6 grams sugar or less per ounce.
- e. Serve skim or 1% milk to participants over age two and whole milk to toddlers age one to two. (If there is a concern for obesity or overweight or a family history of obesity, cholesterol disorder or cardiovascular disease, toddlers may receive reduced-fat milk).
- f. Purchase foods in season (pp. 2b-11 and 2b-12) and locally grown when possible. Visit <http://www.foodroutes.org/> or <http://ia.marketmaker.uiuc.edu/> to find locally grown foods near you.
- g. Water is never a reimbursable meal component, but can be served as an extra beverage, especially at snack if the snack does not include another fluid to drink. Participants should be encouraged to drink water throughout the day.

- h. Sample menus that comply with these recommendations may be found on pp. 2b-13 through 2b-14 and food lists of nutrient sources on pp. 2b-5 through 2b-10.

2. **Introduce new foods regularly**

- a. Since no one food or food group provides all needed nutrients, variety is an important element for a healthy diet.
- b. Early childhood is a vital time to develop sound eating habits and expose children to a variety of healthy foods.
- c. Children are naturally cautious about new things.
- d. Follow the tips on p. 2b-20 to increase success when introducing new foods.

3. **Serve safe food**

- a. Implement procedures to prevent choking (p. 2b-16)
- b. Centers must operate a food service that complies with applicable health and sanitation requirements depending on which agency oversees your facility (e.g., DHS Licensing Standards, Department of Inspections and Appeals, County Health Department, etc.).
- c. Follow recommended food safety and sanitation standards when preparing and serving food to participants.
- d. Follow a regular cleaning schedule (pp. 2b-17 and 2b-18).

4. **Adopt Policies to Create a Healthy Child Care Environment**

- a. Assess the child care mealtime environment (BMER assessment tool—see resource section on p. 2b-2).
- b. Develop and implement center policies that promote good health (see p. 2b-19 for sample policies)
 - Plan at least 60 minutes physical activity each day (see resource section)
 - Plan regular nutrition education activities (see resource section)
- c. Share policies with staff and parents
 - Staff handbook
 - Staff meetings
 - Job descriptions
 - Parent handbook

Continued on Page 3

5. Practice the Division of Responsibility in Child Feeding

- a. Adults and children have different mealtime responsibilities
- b. Problems are created when adults do not fulfill their responsibilities or assume the child's responsibilities.
 - Adults are responsible to provide a variety of attractive, wholesome food at regular meal-times in a supportive environment.
 - Adults are responsible to be good role models by explaining and demonstrating desired meal-time behaviors.
 - Children decide whether they will eat, what, and how much they eat.
- c. Page 2b-20 provides additional details about the role of adults at mealtime.



6. Follow Best Practices for Successful Mealtimes

- a. Centers in Iowa were asked to provide their recommendations for having successful mealtimes.
- b. Pages 2b-21 through 2b-23 list their ideas with additional best practices from the State Agency.

Something Fun and Informative!



The National Food Service Management Institute (NFSMI) offers you the chance to receive a newsletter free of charge each month that is filled with good ideas for your center. Past issues have discussed emergency preparedness, using the Food Buying Guide, sample recipes and menus for child care, and training resources.

NFSMI also hosts various webinars which can be downloaded and watched at your convenience. A certificate of training is available for most of them as well, from NFSMI.

Titles of available webinars specifically for child care settings:

- **Serve Safe Food in Childcare (4 separate webinars on subtopics)**
- **Creating an Active, Healthy Environment**
- **Using Children's Storybooks as a Basis for Nutrition Education**
- **Playing, Learning, and Growing. Overview of Early Childhood Education**

Most of the resources available from NFSMI are free of charge to view or download from their website. Plan to visit and discover what you can do with their help! Their web address: <http://www.nfsmi.org> click on "resources" or "webinars" to find specifics.

CACFP Training Opportunities

Steps to CACFP Success

12/17/09 ■ 3/19/10 ■ 6/16/10 8:00 a.m.- 4:30 p.m.

"Steps to CACFP Success" is held five times per year at ICN sites throughout the state. The workshop includes basic requirements for CACFP participation with sessions on various topics. You may attend one or more sessions.



Attendance at the "Steps to CACFP Success" workshop is encouraged when CACFP staff responsibilities change or when there are new staff members with CACFP responsibilities.

ICN site locations are subject to change.

Registration materials and session descriptions will be available online at: http://www.iowa.gov/educate/index.php?option=com_content&view=category&id=442&Itemid=866 (click on Nutrition Programs-left of screen, then Nutrition Training Events-right of screen). Please register using the registration form by mail, fax, or e-mail.



Encouraging Kids to Eat Healthy

Onsite train the trainer workshops—1:00 – 5:00 p.m.

11/12/09-Mason City
11/19/09-Coralville



Registration is closed for each of the workshops.

FLU PREVENTION: Good Health Habits Can Help Stop Germs in Food Preparation

Hand washing

The Beginning of Infection Control

Hand washing is a simple thing and it's the best way to prevent infection and illness.

Keeping hands clean prevents illness at home, at school, and at work. Hand hygiene practices are key prevention tools in healthcare settings, in daycare facilities, in schools and public institutions, and for the safety of our food.

In healthcare settings, hand washing can prevent potentially fatal infections from spreading from patient to patient and from patient to healthcare worker and vice-versa. The basic rule in the hospital is to cleanse hands before and after each patient contact by either washing hands or using an alcohol-based hand rub.

At home, hand washing can prevent infection and illness from spreading from family member to family member and, sometimes, throughout a community. In the home, the basic rule is to wash hands before preparing food and after handling uncooked meat and poultry, before eating, after changing diapers, after coughing, sneezing, or blowing one's nose into a tissue, and after using the bathroom. Always use soap and water if your hands are visibly dirty.

Wash Your Hands: The Right Way

When washing hands with soap and water:

- Wet your hands with clean running water and apply soap. Use warm water if it is available.
- Rub hands together to make a lather and scrub all surfaces.
- Continue rubbing hands for 15-20 seconds. Need a timer? Imagine singing "Happy Birthday" twice through to a friend.
- Rinse hands well under running water.
- Dry your hands using a paper towel or air dryer. If possible, use your paper towel to turn off the faucet.



If soap and clean water are not available, use an alcohol-based hand rub to clean your hands. Alcohol-based hand rubs are not as effective as regular hand washing, but they significantly reduce the number of germs on skin and are fast-acting.

When using an alcohol-based hand sanitizer:

- Apply product to the palm of one hand.
- Rub hands together.
- Rub the product over all surfaces of hands and fingers until hands are dry.

Plastics Made with BPA – Proceed with



Bisphenol A (BPA) is a chemical used in the production of polycarbonate plastics and epoxy resins. Polycarbonate plastics are used in some food and drink packaging and epoxy resins are used as lacquers to coat metal products such as food cans, bottle tops, and water supply pipes.

The primary source of exposure to BPA for most people is thought to be through food and beverages. BPA can leach into food from the protective internal epoxy resin coatings of canned foods and from consumer products such as polycarbonate tableware, food storage containers, water bottles, and baby bottles. The degree to which BPA leaches from polycarbonate bottles into liquid may depend more on the temperature of the liquid or bottle, than the age of the container.

Human exposure to BPA is widespread. One study found detectable levels of BPA in 93% of those tested. Some scientists and consumer groups have warned that the chemical might contribute to some cancers, early puberty, alterations of the prostate and urinary tracts, cardiovascular disease and behavioral problems. Some animal studies suggest that infants and children may be the most vulnerable to the effects of BPA.

FDA determined last year that current levels of the chemical are safe. However, that assessment came under fire for relying on only two studies sponsored by the American Plastics Council, which represents groups who make products containing BPA. Shortly after that report, a science board of independent advisers to the FDA disagreed with the FDA's assessment and concluded that the

Continued on Page 5

agency employed faulty science when it determined the BPA is safe. The science board decided that enough evidence exists to support a more conservative margin of safety for BPA exposure among infants.

While experts disagree on whether BPA poses health risks to humans, some manufacturers of baby bottles have voluntarily removed it because of safety questions. A proposed federal ban on BPA in food containers is pending in Congress, and 24 states have pending bills that would restrict BPA. The FDA's review of BPA research is ongoing.



In the mean time, parents and caregivers can make the personal choice to reduce exposures of their infants and children to BPA by adopting the following practices:

- Polycarbonate containers that contain BPA usually have a #7 on the bottom (includes Tupperware.)
- Don't microwave polycarbonate plastic food containers. Polycarbonate is strong and durable, but over time it may break down from overuse at high temperatures.
- Reduce use of canned foods.
- When possible, opt for glass, porcelain or stainless steel containers, particularly for hot food or liquids.
- Use baby bottles that are BPA free.

Healthy Fats

Adapted from the Care Connection published by the National Food Service Management Institute www.nfsmi.org

The Dietary Guidelines for Americans 2005 encourage meals with less fat, saturated fat, and cholesterol than are typically eaten by Americans today.

Fat Is Important

Fats and oils are part of a healthful diet, but the type and amount of fat eaten makes a difference. The Dietary Guidelines recommend children 2 to 3 years of age eat about 30 to 35% and that children 4 to 18 years eat 25 to 35% of their daily calories from fat. In general we need to eat less saturated and trans fats found in meats, hydrogenated shortening and margarines, and butter (fats that tend to be solid at room temperature).

There is growing evidence that we need to be eating a greater proportion of our fat intake from vegetable sources and fish, especially omega-3 fats. Omega-3 fats are found in tuna, salmon, mackerel and sardines, seeds (flax and canola) and nuts (walnuts). Omega-3 fats may help protect us from heart disease, mental decline, and inflammation that can lead to diabetes and cancer.

Tips

- Use canola, olive, or peanut oil for cooking and baking when possible. Other options are soy, corn, or sunflower oils.
- Limit the use of any fat that is solid at room temperature.
- Choose butter over stick margarine.
- For a spread, choose soft margarine without hydrogenated oils, or make your own spread using half butter and half vegetable oil.
- Serve fish regularly.
- Serve dried beans and split peas at least three times per week.
- Serve nuts and nut butters appropriate to the child's age and be aware of any children with allergies.
- Serve fat free or low fat yogurt, cottage cheese, and cheese. Serve whole milk to children ages 1-2 and skim or 1% thereafter.
- Avoid serving processed meats such as fish sticks, chicken nuggets, wieners, and luncheon meat, or limit to once per week.
- Avoid using bacon, bacon grease, fatback, or lard for seasoning.
- Choose meat items labeled as lean or extra lean. If you use regular ground beef, rinse it with hot water before combining with other ingredients in recipes.
- Chill broth from chicken, turkey, or meat and remove the solid fat from the top before adding to soups or other dishes.
- Use water-packed tuna and salmon instead of fish packed in oil.
- Include unbreaded, baked, or broiled poultry and fish choices on menus.
- Bake French fries or eliminate fried potatoes all together. Use a very light coating of oil for a crisp baked product.
- Serve salads without a dressing, dip, or other condiments that contain fat; use low fat mayonnaise and salad dressings; or switch to other seasoning, such as a little sprinkle of orange or lime juice.

Buy Fresh, Buy Local

There are so many different types of fruits and vegetables available from local producers this time of year. What a great time to expose children to different types of fruits and vegetables either via an educational activity or a food activity or a meal. If you can't take a trip to the local farmers market with the children—you could bring the farmer's market to the children—make a trip to the local farmers market every week to gather from all of the products that are available like egg-plant; purple, green or yellow beans; sweet corn; green, red or purple peppers; beets; apples-Macintoshes, beacons, wealthies; cantaloupe; water-melon; muskmelon; potatoes-Yukon golds, kennebecs; zucchini; summer squash; cucumbers; blueberries; raspberries; carrots; kohlrabi; turnips; broccoli; and others.

When you get the foods back to the center, make sure you wash them thoroughly before taking some time to examine them with the children. Let them taste the food raw and cooked. Talk about the rainbow of colors that they can find in fruits and vegetables. Try some new recipes. Make some sticks of raw vegetables and use the dip recipe for fresh vegetables, E-15, found in the USDA Recipes for Child Care located at www.nfsmi.org.



Julia's Tidbits

H1N1 Influenza Type Illness

USDA has issued guidance allowing school food authorities (SFAs) and community organizations to offer reimbursable meals to children enrolled in schools that are dismissed as a result of a public health emergency related to an H1N1 influenza related outbreak. U.S. Department of Health and Human Services Secretary Kathleen Sebelius has already declared that a nationwide public health emergency exists involving H1N1 under the authority of Section 319 of the Public Health Services Act.

SFAs are not required to offer meals in cases of H1N1 related school dismissals/closures; however they are encouraged to ensure that the needs of low-income students are met during extended school dismissals.

USDA has not extended the authority to serve meals off site in these situations to CACFP. However; there are a variety of situations where younger children may be eligible for school meals in cases of H1N1 related school dismissals. A recent USDA Q and A states:

Q - Are Child and Adult Care Food Program (CACFP) participants eligible to participate in the H1N1 waiver?

A - The SFSP/SSO H1N1 waiver is targeted to children who attend schools that have been dismissed due to H1N1. However, meals may be served to all children 18 and under in the household if at least one child attends the dismissed school. If a child care center that participates in the CACFP is located in a dismissed school, students enrolled in that center are eligible for meals provided to children attending the dismissed school.

For additional information on the rules schools will be following in cases of H1N1 related school dismissals and information related to H1N1 influenza and young children, refer to the DE website:

http://www.iowa.gov/educate/index.php?option=com_content&view=article&id=1235&Itemid=2120. and <http://www.idph.state.ia.us/h1n1>.

CNP 2000 Enhancements

The Bureau has begun a series of changes to the CNP2000 system, the official name of the web-based software used by Child Nutrition Program (CNP) sponsors in applying or renewing for participation in the CNPs and for claiming meals for reimbursement.

Continued on Page 7

Most of these changes will be self-explanatory providing enhanced functionality and feedback to you the sponsor. As changes are completed the appropriate reference/training documents will be updated and memos relative to the changes issued as needed.

This notice is to let you know there will be some changes and to not be surprised if, on occasion, when you log on the site or functionality seems a little different. If you have questions or something doesn't seem to be functioning properly, please contact your CACFP consultant for assistance.

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Fact Sheet

The **single best way to prevent seasonal flu is to get vaccinated** each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu. There also are **flu antiviral drugs** that can be used to treat and prevent the flu.

1. Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

2. Stay home when you are sick.

If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.

3. Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

4. Clean your hands.

Washing your hands often will help protect you from germs. **When available, wash your hands -- with soap and warm water -- then rub your hands vigorously together and scrub all surfaces.** Wash for 15 to 20 seconds. The soap combined with the scrubbing action that helps dislodge and remove germs. That's about the same time it takes to sing the "Happy Birthday" song twice!

5. Clean your hands often.

When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used. You can find them in most supermarkets and drugstores. If using a gel, rub the gel in your hands until they are dry. The gel doesn't need water to work; the alcohol in the gel kills germs that cause colds and the flu.

6. Avoid touching your eyes, nose or mouth.

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

7. Practice other good health habits.

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Visit the Center for Disease Control Website for Additional Information for Flu Prevention and Information: <http://www.cdc.gov/h1n1flu/childcare/>



What are Internet Browsers? and Which One Do You Use?

- Microsoft's Internet Explorer 7.0!
- Mozilla's Firefox 3.5!
- AOL's Netscape Navigator!

Internet browsers are software applications created by companies to read, interpret, and display web pages from the World Wide Web (www) on your personal computer. All the end user has to do (normally) is double-click on the icon browser of choice (see Example A) and enter the Internet.

Choosing which browser depends on your office or school. If you have a technology department, they will have recommendations for browser usage. Otherwise, you have your choice of multiple Internet Browsers.

However, in order to work the Nutrition Programs on-line application, CNP2000, it is recommended you use Microsoft's Internet Explorer.



Example A

If you are currently using another browser to access the CNP2000 and having difficulties, contact your technology department or suitable representative to allow you access to Microsoft's Internet Explorer (see example A).

Please send us questions you have about using our website(s) and we will attempt to answer them via email, newsletter, or both. Please send your questions to Ellen.Miller@iowa.gov

Resources for School Age Nutrition Education

Looking for ready to use nutrition education materials for your school aged crowd? Check out Nutrition Explorations at <http://www.nutritionexplorations.org/> sponsored by the Dairy Council. You will find Little D's Nutrition Expedition™ for 2nd grade and Arianna's Nutrition Expedition™ for 4th grade to help students learn the importance of good nutrition and physical activity. The Nutrition Expedition programs are teacher-tested and designed to support both health and language arts curricula.

In addition, the website features "Fun Food Games" that combine entertainment with nutrition education.

